

WMHI Smoke Free Campus Initiative - Smoking Cessation Plans

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Freedom From Smoking Program (American Lung Association)	Center For Tobacco Research and Intervention (CTRI)	Call It Quits Program
<ol style="list-style-type: none"> Internet Program – www.lungusa.org <ul style="list-style-type: none"> click on the freedom from smoking icon based on established behavior change theory works through 7 modules containing 5 lessons Train The Trainer Program <ul style="list-style-type: none"> Highly respected, comprehensive 7 week (8 session) behavior change program 51% group quit rate at end of Program 27% continuous quit rate @ one year ALA will come here to train facilitators Cost = \$175 per facilitator Contact person: Jessica Thieleke 262-703-4844 thieleke@lungwisconsin.org 	<ol style="list-style-type: none"> Wisconsin Tobacco Quit Line: 1-877-270-STOP 1-877-2NO-FUME (in Spanish) <ul style="list-style-type: none"> Free tobacco treatment counseling 28% of smokers who use the quit line successfully quit compared to 7% who quit “cold turkey.” Each caller speaks with a trained smoking cessation specialist and receives a Wisconsin Tobacco Quit Kit. Call at your convenience: <u>Quit Line Hours</u> M-Th - 7am – 11pm Friday - 7am – 9pm Sat/Sun - 8am – 7pm Wisconsin Fax To Quit Program <ul style="list-style-type: none"> Free tobacco treatment counseling Counselor contacts you during a time frame that you choose WMHI is presently set up with this Program Confidential Evidence shows that smokers who use the quit line are 3x more likely to successfully quit 	<ol style="list-style-type: none"> Free smoking cessation information & support available 24/7 1-800-362-9900 1-920-738-2230 (Fox Cities) 1-920-231-6578 (Oshkosh) <ul style="list-style-type: none"> Full access to the Nurse Direct - Health information Library Tobacco Cessation Classes <ul style="list-style-type: none"> Five 1-½ hour smoking cessation Classes scheduled throughout the area Receive a “commit to quit” support kit Cost = \$30 per person
<p>Miscellaneous Smoking Cessation Classes</p> <ol style="list-style-type: none"> Agnesian Cessation Programs – serving Fond Du Lac, Winnebago, Dodge, Green Lake, Calumet and Washington Counties Contact person: Brenda 920-926-4960 Note: Employees residing in Counties not included Within this information packet can contact one of the following, Smoke Free Campus Initiative Committee members for information about programs within your community. <div> <div>Dr. Chona Arong Ronecka Baker Bill Daniels Ben Eggum Sharon Haberkorn Connie Hannemann Marla Hill</div> <div>Rita Kennedy Jeff Manning Mary Nitz Jenny Rew Larry Schomer Diane Shaw Karen Wright</div> </div>	<p><u>Easy 3-step process</u></p> <ol style="list-style-type: none"> complete & sign short consent form WMHI faxes the form the Wisconsin Tobacco Quit Line Counselor calls within 72 hours <p><u>3 types of quit line interventions</u></p> <ol style="list-style-type: none"> one call intervention – 20 to 40 minute session two call intervention – 20 to 40 minute sessions Free & Clear intervention – 4 follow up calls which can be scheduled up to 6 months out. <p>* one and two call interventions include a Wisconsin Tobacco Quit Kit, a hands on folder with material on relapse strategies and coping methods</p> <ol style="list-style-type: none"> Train The Trainer Program <ul style="list-style-type: none"> Free facilitator training program utilizes a video / DVD to show how to conduct counseling sessions. Training sessions should include 10-30 participants, broken into small groups of 5-10. Training sessions are 1-1 ¾ hours and include a written lesson plan 	<p><u>Current Scheduled Classes</u></p> <p>Calumet Medical Center 6pm - 7:30pm February 28, March 3, 7, 10, and 17th</p> <p>Affinity Medical Group - Ripon 6pm - 7:30pm March 29, 31, April 5, 7, and 14th</p> <p>St. Elizabeth’s Hospital 6:30pm – 8pm April 18, 21, 25, 28, and May 5th</p> <ul style="list-style-type: none"> Contact person: Annette Hovie 920-738-2230 ahovie@affinityhealth.org